



Huh Photo

Athletics at MIT gave me a metaphor on handling life.
About how to be focused and give everything you have.
About loyalty and friendship.

-Ahsan and Linda Iqbal



I still use my analytical skills honed in achieving my Mechanical Engineering degree, but it is the teamwork, leadership, and perseverance skills I learned from participation in collegiate sports that have proven most valuable in the 25+ years since leaving MIT.

-Wallace "Mike" Scott

The Season

Rowing is in season year 'round. We practice and race on the river until mid-November, when training moves indoors until our January trip to South Florida. Voluntary practice continues indoors until late February. Dual and Cup races start in April and continue through the spring; the season concluding with championship races in early June at the Intercollegiate Rowing Association (IRA) Regatta. Superb crews may continue to the Royal Henley Regatta in England in July.

The unity, cohesion, and belief in ourselves that spurred on our crew and our teammates built a firm bridge to the future.

*-Jerome D. Wayne,
M.D.*



Shell

Boat used in racing

Coxswain

Person who steers the boat via the rudder, keeps the pace, and motivates the rowers

I could pull on the oar with all my might, watching the oar bend as the shell cut smoothly through the Charles. Somehow the tension and the stress just went away.

-Philip J. Brown

Sculling

Rowing with two oars (an oar on each side of the boat).

Sweeping

Rowing with one oar on one side of the boat.



For More Information

Visit our crew website or contact one of the coaches: <http://web.mit.edu/mitcrew/www/>
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Note: Quotes are unrelated to accompanying photos.

*The Benefits of Teamwork and
the Pursuit of Excellence
Will Last a Lifetime*



Photo by Ming-Tai Huh

MIT Crew

For Men and Women

Massachusetts Institute of Technology





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Rowing at MIT appeals to high school basketball players, swimmers, runners, and competitors from other sports who want to pick up a new sport in college and test themselves at the highest intercollegiate level.

All the strength in the world is pointless unless eight people can execute their strokes at precisely the same moment, cleanly and crisply. Like life, without control, power is ineffective.

-Former Crew Alum

Overview

Crew, the oldest intercollegiate sport in the country and the largest sport at MIT, helps develop

One of the many traditions of intercollegiate rowing is that the losers give up their racing shirts to the victors in each race. You can collect a lot of shirts after four years!

leadership, teamwork, and confidence in over 150 students per

class. MIT trains with the most modern equipment and rows out of a boathouse conveniently located on-campus.

Rowing is a sport at MIT which competes against the nation's top intercollegiate competition and MIT's academic peers, including: Harvard, Penn, Princeton, Cornell, Wisconsin, Navy, Yale, California, Brown, Washington, Syracuse, Georgetown, Stanford, Michigan, Dartmouth, Columbia, Boston University, Rutgers and Northeastern.

Highlights of MIT's competitive achievements in rowing include: National Intercollegiate Championships and numerous Head of the Charles, IRA, and Eastern Sprints medals. Additionally, alumni who learned to row at MIT have gone on to row and coach for the US National Team at World Championships and the Olympics.

There is no limit to the success you can achieve. Take up the challenge to continue the tradition of excellence.

Rowing forced me to confront the kinds of limitations my mind could impose on my body, and to learn that I could overcome them.

-Phil Kesten



You don't realize it at the time, but pushing thoughts of defeat out of your head in the final ten strokes adds up to something big later on in life. You will discover inside yourself a measure of discipline and self-expectation that you never knew you were capable of experiencing. It puts you into a different class from your peers, and that is glorious.

-Roseanna H. Means, MCO



"No one could deny that rowing, on the two counts of mechanics and health, requires the most superior qualities. Each man readily claims his own as 'the best sport', especially if he takes pleasure in pursuing it to the best of his ability. But this description is usually sentimental. Not so here! The oarsman, in a racing shell perfected by modern technology, in an environment most favorable to the conditioning of his body, truly practices the most complete sport that one could imagine."

-Pierre de Coubertin

Principal Founder of the Modern Olympic Games



Who Can Participate?

Whether you are a man or woman, lightweight or heavyweight, an experienced athlete or new to rowing and athletics, there's a place for you on the MIT crew.

Many collegiate rowers never rowed before college. Indeed, no athletic or rowing experience is necessary to join the freshman crew. Since everyone starts at the same level, with hard work men and women who were previously inactive can develop into first-class oarsmen. MIT men and women rowers have made the U.S. Olympic and/or national teams. Not one of them had any prior rowing experience. In fact, many had no previous athletic backgrounds whatsoever!



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I came to MIT academically and socially immature, but I didn't leave that way. Crew gave me a sense of self, a sense of belonging, a sense of my body, and a sense of courage -- all necessary attributes for leadership. Excellence in calculus may be a necessary condition, but it's not sufficient for being a leader in technology.

-Jack Lynch

Why Should You Row?

Athletics and academics make a great team. You can learn as much on the crew as in the classroom. Rowing on the MIT crew will give you the skills to last you a lifetime.

- ▶ Build inner strength and confidence, essential for career success.
- ▶ Get in the best shape of your life. Rowing is a non-impact sport that provides a combination of whole body strength and aerobic conditioning better than any other.
- ▶ Have a healthy body and healthy mind. Rowing is a great relief from the pressures of classes and studies.
- ▶ Learn leadership and teamwork. Working together is crucial and every member is critical to the total success of the team.
- ▶ Persevere through serious challenges and discouraging times.
- ▶ Build lifelong friendships. You will have these crew brothers and sisters all your life.
- ▶ Achieve individual excellence in areas you never before experienced.
- ▶ Compete at the highest level in something other than academics.

